

# HOPE.

Everyone needs something to hold on to, a reason to want to live up the next day. To some people it's a person, a job, an unattained goal or even upcoming events such as concerts, sport events and even movies. In one sense these are Hopes.

Hoping to meet, chat or speak to whomever. – Hoping to get on time to various jobs, conclude / continue with the previous days work. – Hoping to eventually attain unattained goals. – Hoping on your team in upcoming events. – Hoping on resolution in movie suspense.

It has been said that a person can live 40 days without food, about three days without water, about eight minutes without air, but only one second without hope.

**"Hope is to desire with expectation of obtainment or fulfillment." –  
Merriam Webster.**

Most people take hope to have originated from an ancient Greek myth on Zeus. Zeus who was god of the sky, rain, and ruler of the Olympian gods irate at humans for having stolen fire from the gods. In the spirit of revenge, he fashioned a young maiden named Pandora and, using reverse psychology, sent her to earth with a dowry chest, with the crucial instruction not to open it. Of course, her curiosity got the best of her, and she opened the lid. Out came a plague of evil forces. Panicked at what she had unleashed, Pandora tried to close the chest, only to find that hope was stuck on the lid. Hope could overcome the evil forces unleashed. Thus hope came into the world.

There's a reason that hope was in Pandora's Box.

It wasn't there as a solution but hope was present, acting as hope to finding a solution.

For many other people, faith and religious beliefs also contribute to origin hopefulness having similarities with faith.

Hope like faith is vital for those who have been diagnosed with a serious, life-threatening, or terminal illness, as well as for their families. Those who lack hope find

no meaning in life or find it difficult to persevere in troubling times. They may lack or lose a sense of well-being, and doubt the possibility of favorable outcomes resulting in anxiety and depression which tends to shorten their life span or lead to suicide.

When talking about survival through hope, Auschwitz Viktor Frankl often said that he found the strength to fight to stay alive and not lose hope, through thinking of his wife and of the work that he must complete. Frankl clearly saw that it was those who had nothing to live for who died quickest in the concentration camp.

**"The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof." — Barbara Kingsolver.**

You need to believe in hope, because without hope, it's nearly impossible to believe in one's self.

Believe in this: **I hope.**

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